



News Release



Shelby County Health Department

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COUNTY HEALTH DEPARTMENT AND DIVISION OF CORRECTIONS CHOSEN TO PARTICIPATE IN NATIONAL PROGRAM

MEMPHIS – The Shelby County Health Department (SCHD) and the Shelby County Division of Corrections have both been selected by the Centers for Disease Control and Prevention (CDC), along with nine other local employers, to participate in the National Healthy Worksite Program.

Shelby County is one of eight counties identified by the CDC to be a part a new initiative aimed at reducing chronic disease and building a healthier, more productive workforce. Each of the designated counties selected 10-15 employers to participate in the national program designed to increase employee wellness throughout the nation.

“We are pleased to have been chosen for this national program,” said Yvonne Madlock, director of the SCHD. “The county, under the leadership of Mayor Mark A. Luttrell, Jr., has made employee wellness a top priority. We hope to be able to learn more about what works and to demonstrate and share what we learn with and throughout the Shelby County community.”

The National Healthy Worksite Program, supported through the Affordable Care Act’s Prevention and Public Health Fund, is designed to assist employers in building successful workplace wellness programs by implementing science-based disease prevention and wellness strategies to help reduce chronic diseases. All program and implementation support to participating employers will be provided by Viridian Health Management over a 12- month period.

The SCHD and the Division of Corrections were selected because of the availability of local resources to support a sustainable workplace health program. Other employers include the following: Cotton Board; Dillard Door & Security; Duncan Williams, Inc.; First South Financial Credit Union; Independent Bank; Porter-Leath; MCR Safety; Victory University; and the YMCA of Memphis in the Mid-South.

Each will receive intensive technical assistance and support in developing a combination of interventions. The departments will be able to choose which strategies to implement to best encourage and support employees’ physical activity, good nutrition, and tobacco-use cessation. The menu of sample strategies includes:

- Nutrition counseling/education, worksite farmer’s markets, menu labels on healthy foods in vending machines and cafeterias, access to healthy foods in cafeterias and vending machines, and weight management counseling.
- Tobacco-cessation counseling (including quit lines and health plans) and tobacco-free campus policy.
- Physical fitness/counseling and walking clubs.

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